



Blueberry Loaf Bread

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



19 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup blueberries fresh thawed
- ☐ 1 egg white lightly beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 cup nonfat yogurt plain
- ☐ 1 Dash salt
- ☐ 0.3 cup sugar

- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 teaspoons vegetable oil

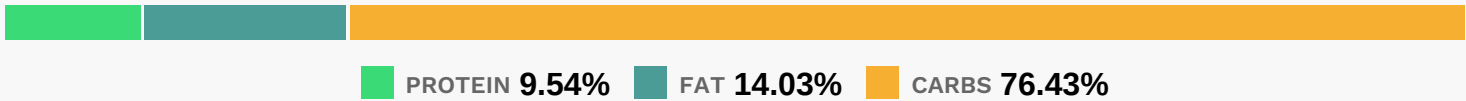
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine first 5 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine yogurt and next 3 ingredients; add to dry ingredients, stirring just until dry ingredients are moistened. Fold in blueberries.
- ☐ Spoon batter into a 6- x 3- x 2-inch loafpan coated with cooking spray.
- ☐ Bake at 350 for 35 to 40 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pan immediately, and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:2.39, Inflammation Score:-1, Nutrition Score:0.53304348254333%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.95mg, Malvidin: 0.95mg, Malvidin: 0.95mg, Malvidin: 0.95mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 18.86kcal (0.94%), Fat: 0.29g (0.45%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.51g (1.28%), Sugar: 1.72g (1.91%), Cholesterol: 0.04mg (0.01%), Sodium: 17.83mg (0.78%), Alcohol: 0.02g (100%), Alcohol %: 0.3% (100%), Protein: 0.45g (0.9%), Selenium: 1.05µg (1.5%), Vitamin B1: 0.02mg (1.34%), Vitamin B2: 0.02mg (1.21%), Folate: 4.69µg (1.17%), Manganese: 0.02mg (1.07%)